

LaSalle Institute CYCLE MENU
March 2017

Station	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><u>BREAKFAST OFFERED</u> DAILY FROM 7:05 – 7:45AM Breakfast Sandwiches, Bagels, Donuts, Cinnamon Buns, Muffins, Cereal, And more</p>			1	2	3	
			<u>New England Fish Fry</u> With Tartar Sauce Coleslaw Tater tots Grab and Go specials Asst. Salads or Deli Bar	<u>Philadelphia Cheese Steak</u> <u>Twice Baked Potato</u> Italian green bean Grab and Go specials Asst. Salads or Deli Bar	<u>Personnel Pan Cheese Pizza</u> <u>Garlic Butter and olive oil pasta</u> <u>New England Clam chowder</u> Grab and Go specials Asst. Salads	
			8	9	10	
	<u>THE FRESH GRILLE</u> <i>Hamburger, Cheeseburger, Roasted chicken Breast on Whole Wheat Buns Offered</i>	6 <u>Southern Fried Chicken</u> <u>Tenders</u> Corn Bread muffin Mac and Cheese Pasta Creamy Spinach Grab and Go specials Asst. Salads or Deli Bar	7 <u>Ultimate Nacho Bar with all fixings</u> Buttered white rice Grab and Go specials asst. Salads or Deli Bar	<u>Pasta Alfredo with Cajun seasoned Chicken, roasted red Peppers</u> Garlic Breadsticks Grab and Go specials Asst. Salads or Deli Bar	<u>French Dip Roast beef Sandwich</u> Oven Roasted Rosemary Fries Grab and Go specials Asst. Salads or Deli Bar	<u>Personnel Pan Cheese Pizza</u> <u>Pasta with tomato Cream sauce</u> <u>New England Clam chowder</u> Grab and Go specials Asst. Salads
		13	14	15	16	17
 Balanced Choices Meal: <i>Steamed Veggie offered daily</i>	<u>Chicken Tender Boat with French Fries</u> Broccoli Au gratin Grab and Go specials Asst. Salads or Deli Bar	<u>Pepperoni Stromboli</u> <u>Side marinara sauce</u> Kettle chips Toss salad Bar Grab and Go specials Asst. Salads or Deli Bar	<u>Chicken Lo mien</u> <u>Pork Egg roll</u> <u>Stir fry vegetable</u> Grab and Go specials Asst. Salads or Deli Bar	<u>NYC Loaded Beef Hot dogs</u> Southwestern Pasta Alfredo Grab and Go specials Asst. Salads or Deli Bar	<u>Personnel Pan Cheese Pizza</u> <u>Garlic Butter and olive oil pasta</u> <u>New England Clam chowder</u> Grab and Go specials Asst. Salads	
<p><u>Sandwich Central</u> FRESH MADE TO ORDER SANDWICHES/SALADS OFFERED DAILY FRESH HOMEMADE SOUPS OFFERED DAILY</p>	20	21	22	23	24	
	<u>BBQ Chicken, Cheddar and Bacon sandwich</u> Mashed Potatoes w/ gravy Sweet Baby Corn Grab and Go specials Asst. Salads or Deli Bar	<u>Chicken Soft Tacos,</u> Spanish Rice Southwestern Corn Grab and Go specials Asst. Salads or Deli Bar	<u>Chicken and Broccoli Scampi linguine</u> <u>Garlic Breadsticks</u> Grab and Go specials Asst. Salads or Deli Bar	<u>Garlic Bread Sticks-marinara</u> <u>Pasta Faggioli Soup</u> <u>Caesar Salad</u> Grab and Go specials asst. Salads or Deli Bar	<u>Personnel Pan Cheese Pizza</u> <u>Pasta Marinara</u> <u>New England Clam chowder</u> Grab and Go specials Asst. Salads	
	27	28	29	30	31	
	Every day Panini of the Day. Chefs specials of the Day, in the grab and go every day.	<u>Chicken Tender Caesar Salad boat</u> Country Mac and Cheese Pasta Dinner Roll Grab and Go specials Asst. Salads or Deli Bar	<u>Garlic Breadsticks</u> <u>Fresh Marinara</u> <u>Pasta Carbonara</u> Grab and Go specials Asst. Salads or Deli Bar	<u>Baked Three Cheese Ziti with pepperoni</u> Garlic Breadsticks Grab and Go specials Asst. Salads or Deli Bar	<u>Beef And Broccoli Fried Rice</u> Fried Pot stickers Grab and Go specials Asst. Salads or Deli Bar	<u>Personnel Pan Cheese Pizza</u> <u>Pasta Gerardo</u> <u>New England Clam chowder</u> Grab and Go specials Asst. Salads

All Lunches Include: Choice of Entrée, Choice of TWO Vegetable/Fruit Side Dishes, and Choice of Milk or Small Fountain Beverage.
Vegetable/Fruit Side Dishes Include: Featured Hot Vegetable, Side Salad, Fresh Veggie Sandwich Toppings, chips, fruit cups and Fresh Fruit
Beverage choices: low fat (2%) Choc. milk, and flavored low fat (1%) milk., lemonade, Lemon Tea, Raspberry Tea, Fruit Punch, or Unsweetened Tea